



YOUTH MENTAL HEALTH FIRST AID

Fairfax-Falls Church CSB Wellness and Health Promotion are training our County workforce and our community members in Youth Mental Health First Aid.

Youth Mental Health First Aid is an 8-hour public education program which introduces participants to:

- Unique risk factors and warning signs of mental health problems in adolescents (ages 12-18)
- Normal adolescent development and important protective factors
- Understanding the importance of early intervention
- Ways to help a youth who is in crisis or experiencing a mental health or substance use challenge.
- Role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

Participants **do not** learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn a core five-step action plan (**ALGEE**) to support an adolescent who is developing signs and symptoms of mental illness or is in an emotional crisis:

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

Who should take the course?

The course is designed for adults whom regularly interact with adolescents, but may also be appropriate for older adolescents (16 and older) so as to encourage youth peer to peer interaction.

Note: Youth Mental Health First Aid is not specifically designed for parents of youth with mental health challenges. Although parents and families may find the course content useful, the course provides a basic level of information and guidance, rather than more in-depth information on navigating the healthcare system, which parents may wish to explore.

Register at www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm. The class fee is \$25 which covers materials.

Questions? Contact Jamie MacDonald at 703-383-8451 or jamie.macdonald@fairfaxcounty.gov.

*Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities.
To request this information in an alternate format, call 703-324-7000, TTY 711.*

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